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Relating pg 6

Green-eyed monster and Facebook face off



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Suspect sought after woman badly hurt in jewelry sale

ONLINE In hopes of tracking down a suspect, Ottawa police released a photo of a bracelet believed to be stolen after a 31-year-old woman was seriously injured Monday night.

Police said a woman who offered jewelry for sale online was injured after being thrown from or dragged by a car after meeting with a prospective buyer in Orleans.

Shortly after 9 p.m., city police responded to a 9-1-1 call for a report of a woman being dragged by a vehicle on Plainhill Drive. The woman, who suffered skull fractures and facial injuries and was taken to hospital, is now in stable condition in hospital.

Police are looking at the woman's computer and cellphone records and are seeking any information pertaining to a white or silver sports car that may have new body or windshield damages sustained since Monday night.

TRACEY TONG/METRO OTTAWA



Police released this photo of a bracelet believed to be stolen.



The 121st annual edition of SuperEX opens at noon today, with admission to Lansdowne Park free until 5 p.m. Ottawa's largest community event will run until Aug. 30, with highlights including free concerts by Bedouin Soundclash, country star Aaron Pritchett and classic rockers Prism.

Flu guide for schools to be released

Flu Outbreak

HEALTH While the feds are predicting "the usual range of infections, colds and viruses" when school resumes, schools did the right thing in not closing when the first wave of Influenza A (H1N1), also known as swine flu, hit last spring.

"If you close a school, you're taking a controlled situation and it becomes an uncontrolled situation," said Canada's chief public health officer Dr. David Butler-Jones.

In a weekly H1N1 conference in Ottawa yesterday, Butler-Jones and federal Health Minister Leona Aglukkaq announced that federal guidelines for public schools, daycare centres and post-secondary institutions will be released. Students will be taught to cough into their sleeves and to wash their hands frequently and to use hand sanitizer when no soap or water is available.

Children have less resistance to infection and their symptoms, if they were to become ill, aren't as apparent. And in areas like schools and daycares, illness spreads more readily than in other settings, he said.

"Officials are working with students and schools to make sure that their population remains as healthy as possible," said Aglukkaq.

TRACEY TONG/METRO OTTAWA

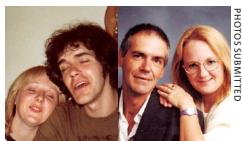


PHOTO SUBMITTED

the kids."

This Saturday, the entire family — Blake, Hudson and children Daryl, 22, and Alex, 17, will attend SuperEX together to watch daughter Kelly, 20, in her first big fashion show.

"I imagine it's a place where a lot of people bring dates in the summer. There's food, stuff to drink, concerts and rides are very romantic," said SuperEX's manager of marketing and communications Doug Hempstead.

Blake agreed. "It's an exciting place," she said. "You can always find something to break the ice."

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City in running to host high-profile conference

Ottawa could be hosting the Sustainable Cities: PLUS Network Biennial Conference next year. The city's planning and environment committee will decide next week whether to support a bid. The high-profile conference is expected to bring in around 150 delegates. **METRO OTTAWA**

Local



Cops seek person of interest in sex assault

Police are seeking the public's assistance in identifying a male following a sexual assault in Westboro last month. Police said at 11 p.m. on July 25, a man grabbed a 17-year-old female as she left the OC Transpo station at Scott Street and Athlone Avenue. The female was knocked to the ground and inappropriately touched. A male was captured on video surveillance and has been identified as a person of interest. Anyone with information should call the sexual assault unit at (613) 236-1222 ext. 5944.

METRO OTTAWA



News in brief

ROBBERY City police are investigating a robbery after a Carling Avenue drug store was robbed at knifepoint Tuesday. Police said he allegedly approached the counter and demanded drugs and cash.

BANK ROBBERY Police have charged an Ottawa man following a recent downtown bank robbery. At 5:20 p.m. on Aug. 12, a lone male entered a TD Canada Trust branch in the 400 block of Rideau Street. The male produced a note making a demand for cash.

FRAUD Ottawa police have charged a city man after a woman was defrauded after using an Internet dating site. After befriending a man for several months, a woman was persuaded to invest in importing wine grapes.

METRO OTTAWA

metronews.ca

What's online today.

Blogs Hollywood Rants on the dangers of ramping up the showbiz hype machine
Video Ontario Premier Dalton McGuinty defends the controversial decision to harmonize sales taxes at metronews.ca/canada

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Capital Pride keeps growing

Dozens of events planned for the tens of thousands expected to attend

TRACEY TONG
 tracey.tong@metronews.ca

Twenty-four years ago, 300 people attended the first-ever Capital Pride celebration — a picnic in Strathcona Park.

While successful for the time, that celebration is a far cry from Capital Pride today, as a record 60,000 people are expected to attend Canada's fourth-largest pride festival (after Toronto, Vancouver and Montreal), stretching 10

days and held in various venues across the downtown core.

"It's really growing fast," said Capital Pride chairman Alan Chaffe. "Last year, we had over 55,000. This year, we're expecting more."

When visitors come from all over North America, they'll find over 40 events when the 2009 edition of Capital Pride begins Friday.

"Our goal was to offer an event for all the people in the GLBTTQ community and their allies," said Chaffe. "We have many

new events this year, as well as returning events."

The festival kicks off Friday with Walk the Bridge in My Shoes, an event to commemorate the murder of Alain Brosseau 20 years ago, Chaffe said.

"I think it's important," he said. "I think it will be well received by the community — it's a sign that gay bashing will no longer go unreported or unnoticed."

The official opening party is also held Friday, at the Clarendon Lounge in the

ByWard Market.

Other events include the popular Miss Capital Pride Pageant and on Monday, a human rights vigil, which "focuses on establishing GLBTTQ rights around the world," as well as the popular flag raising ceremony.

Also back are the Laugh Out Proud event at Yuk Yuk's comedy club and the Capital Pride Gala.

The 10th edition of the Rainbow Party features New York City deejay Honney Dijon.

The festival culminates in

the pride parade, held on Sunday, Aug. 30.

More than 35,000 people are expected to come watch the parade, which includes 75 entries and 1,200 participants, said Chaffe.

The parade starts at the Garden of Provinces and Territories and passes the Supreme Court and Parliament Hill, "all the inspiring institutions that gave us the rights we have today," Chaffe said. The parade ends with a fair at Marion Dewar Plaza from 2 to 11 p.m.

A second chance at learning

MJ DESCHAMPS
 for Metro Ottawa

EDUCATION Like many other high school students, Jonathan Pinchbeck had been waiting anxiously for graduation day to arrive.

His journey, however, has been a little different than most.

Instead of finishing off his high school years in a classroom with his friends, Pinchbeck worked towards his diploma from a room at the Ottawa Mission.

Having never finished high school as a teenager, Pinchbeck, 30, spent most of his adult life floating from town to town, working short stints at a variety of jobs.

After losing his job last winter, Pinchbeck went to the Ottawa Mission where he found assistance in terms of meals and healthcare, as well as an educational opportunity.

The Stepping Stones Learning Centre is a unique school in conjunction with



City resident Jonathan Pinchbeck, 30, earned his Ontario Secondary School Diploma at the Ottawa Mission through its Stepping Stones Learning Centre.

the Ottawa Mission where a certified teacher helps to develop a learning program and set individual goals for adult learners.

For months, Pinchbeck dedicated six hours a day, five days a week to schoolwork in hopes of completing his diploma.

"The Mission has really been the platform for my reinvention," said Pinch-

beck. "Because of their help, I've been able to see my accident as being both a crisis and an opportunity."

Pinchbeck is going on to attend Niagara College in the fall for mechanical engineering, and has received bursaries as well as an anonymous \$2,500 donation to help him finance his education.

Apple co-founder shares his wisdom on business

TIM WIECLAWSKI
 tim.wieclawski@metronews.ca

INDUSTRY Good engineers know how something is designed and can build it the same way every time, but great engineers find a better, cheaper way to do things, with fewer parts, said Apple Computers' co-founder Steve Wozniak.



"What I like is to get rid of the waste and have the highest efficiency. Go Steve straight from the source and have the fewest number of jumps until it happens on a physical device," he said. "I love getting rid of wires — getting rid of parts."

Wozniak is credited with many of the design innovations that paved the way for personal computing. He is currently acting as chief scientist for a technology company that specializes

in solid-state data storage called Fusion-io, that he is predicting will revolutionize the architecture of computers.

Yesterday, he spoke to a luncheon gathering of business leaders in Ottawa where he touched on the need for entrepreneurs to constantly be thinking of ways to improve their product or service.

Another crucial aspect of successful startups is the right chemistry between the technical and business sides of the enterprise.

In the early days of Apple, Steve Jobs learned to run every department of the company, while Wozniak focused on engineering.

"I wouldn't even have started the company if I had to be a businessman. I just wanted to be an engineer in the lab with a soldering iron and an oscilloscope."



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A British rower who left St. John's, N.L., in an attempt to cross the Atlantic solo has been rescued from the path of hurricane Bill, CBC News Online reports. Peter Bray, 53, had to abandon his boat in the middle of the ocean around 8 a.m. local time yesterday by a British vessel. **METRO NEWS SERVICES**

Canada



Jones declared bankrupt by court

Alleged fraudster Earl Jones was declared personally bankrupt yesterday by the Quebec Superior Court, clearing the way for the next phase of the investigation into the millions of dollars nearly 150 of his former clients claim to be missing, CBC News Online reports. Bankruptcy lawyer Neil Stein said the bankruptcy declaration means Jones' personal property can soon be put up for sale.

METRO NEWS SERVICES

Hurricane Bill headed for Atlantic Canada

KRISTEN LIPSCOMB
Metro Canada



WEATHER Residents in Atlantic Canada should brace themselves for an unwelcome guest arriving this weekend. But meteorologists don't know just how overbearing hurricane Bill will be when it blows through the East Coast late Sunday or Monday.

"It will lose some intensity by the time it gets here, the question is just

how much," Bob Roachaud of the Atlantic Storm Prediction Centre in Dartmouth said yesterday.

By mid-afternoon yesterday, Environment Canada was predicting Bill would slow to a Category 1 storm, but still bring with it heavy rain and winds, when it's offshore of the coast.

Hurricane Bill was a strong Category 4 storm late yesterday churning about 2,700 kilometres southeast of Bermuda, Roachaud said.

News in brief

SECURITY BREACH Computer systems at some Radisson Hotels & Resorts were accessed without authorization during the course of seven months, possibly revealing guests' names and credit-card

numbers, the hotel chain said yesterday. The incidents occurred between November 2008 and May 2009 at some Radisson hotels in the United States and Canada.

REUTERS

Flexing the military muscles

Harper vows to stand up to nations eyeing Canadian North

In a display of bravado, boasts and a flexing of military might, Prime Minister Stephen Harper has vowed to stand up to nations already "probing" Canada's north.

And Harper himself was leading the charge yesterday as he took the controls of a Sea King helicopter, took the helm of a submarine as it slipped below the icy waters of Frobisher Bay and promised that Canada would protect its northern interests.

With melting sea ice opening up northern sea lanes, Harper himself said the strategic value of the Arctic region has never been greater.

"We must never forget that just as the eyes of southern Canadians gaze northward, so too do those



Nanook

- Prime Minister Stephen Harper was on the front lines of Operation Nanook, a sovereignty exercise he billed as the "most ambitious ever" and said it demonstrates Canada's "unyielding resolve" to protect its remote lands.

Prime Minister Stephen Harper, left, sits outside the door of a Sea King helicopter during his tour of the North yesterday. Harper vowed Canada would stand up to nations probing the North.

beyond our borders," Harper said yesterday morning during a visit to the frigate HMCS Toronto as it cruised the waters south of Iqaluit.

"With other countries probing our north — by sea and in the air — the work you are doing here to protect our sovereignty

has never been more important," Harper told sailors gathered on the ship's bow.

It's a message Harper has delivered before. But never with such a backdrop of military hardware to drive home his point of safeguarding the northern ter-

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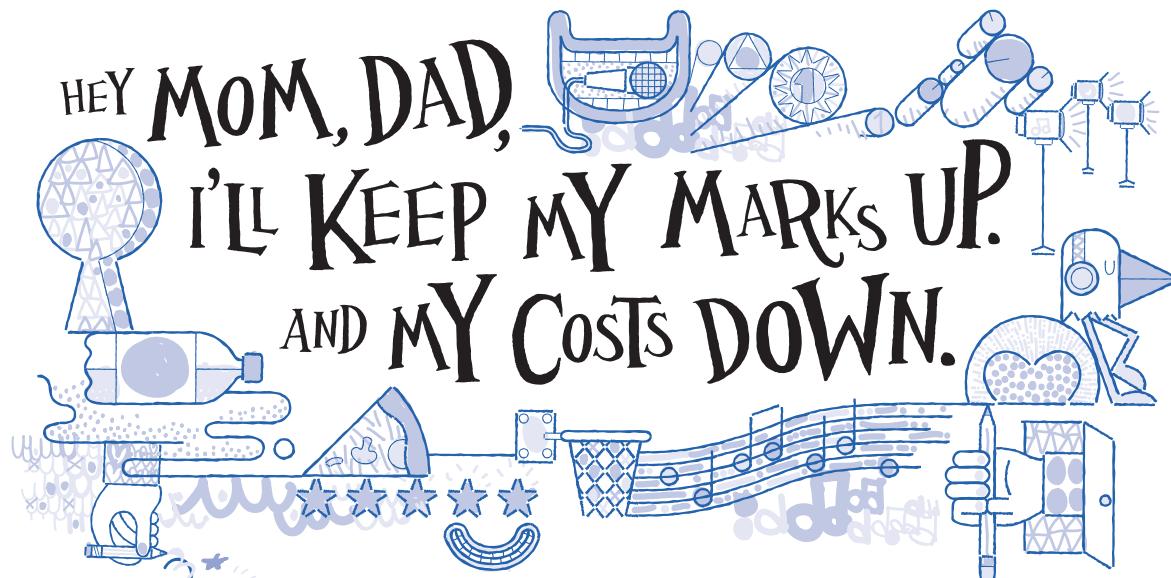


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Comment & Views

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Comment

Jealous from Facebook

Relating

Steve Collins

metronews.ca/collins

Nobody likely registered extreme surprise at a new study suggesting Facebook users experience more jealousy in their relationships.

In More Information than You Ever Wanted: Does Facebook Bring Out the Green-Eyed Monster of Jealousy? University of Guelph researchers surveyed undergraduate students about their Facebook use and its effect on their love life.

Among the findings: "The ease of making connections on Facebook may increase contact with past romantic and sexual partners, creating the potential

for jealousy in current relationships."

You don't say.

When the Canadian privacy commissioner raised the alarm about Facebook's possible contravention of privacy laws last month, she was primarily worried about corporate misuse of personal information, not the ways in which your nearest and dearest might use it against you. Big Girlfriend is watching, and she'd like to have a little talk about why you've got three exes on your friends list.

One subject told the University of Guelph researchers, "It turns people into nosey parkers ... all of that personal information is totally unnecessary, but no one can help trying to control it.

Virtual reality can trump reality after hours spent in front of the keyboard. You check the Internet for the weather instead of looking out the window, and when your relationship pops up on a computer screen, maybe you can't help trying to control it.

On the web

• For more views on relating, go to Love Bytes at metronews.ca/blogs

which leads to more surveillance of the page, which leads to more information and on and madly on. That level of scrutiny could kill any relationship.

The amount of time spent on Facebook is also cited as a factor, and this should surprise nobody either.

It seems we've created a technology remarkably well suited for breathing new life into long-dead relationships while poisoning live ones.

What will we think of next?

Steve Collins offers his best guesses on relationships for Metro every two weeks.

ten as we have. I think some may be catching on.

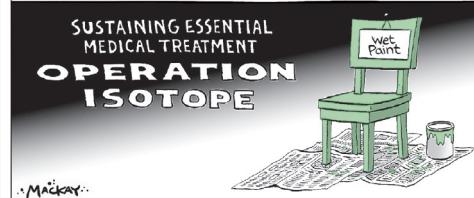
My girlfriend's teenaged kids all started out Facebook friends with her, but soon realized the implications of having your mom privy to certain colourful details.

Two of three have since ditched her, and she was actually relieved to be out of the loop.

I've opted out of Facebook, which strikes me as kind of an endless high school reunion, an opportunity to interact awkwardly with all kinds of people you never knew well, and probably drifted away from for perfectly good reasons.

It seems we've created a technology remarkably well suited for breathing new life into long-dead relationships while poisoning live ones.

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Views

Look at how far we've come — not far at all

FourthWave

Canice Leung

metronews.ca/fourthwave

The third season of TV series Mad Men premiered this Sunday; in it, the staff at ad agency Sterling Cooper is jettisoned into 1963.

Oh, what a year it turns out to be: Housewives awaken from domestic stupor when The Feminine Mystique is published; Camelot tumbles; singer Sam Cooke writes his iconic song A Change is Gonna Come, about simmering racial tension in the South.

Mad Men, a show its creator Matthew Weiner has said is feminist, signals the third season's tone in the

opening minutes, when Sterling Cooper's lone male secretary mutters, "This place is a gynocracy."

Though Manhattan was a man's world, the woman's life is well-explored: they're passed over for jobs; pre-marital sex makes them "strumpets"; men rape them; they consider abortions.

Consider Christina Hendricks' account of how viewers reacted to her character Joan's rape: "People say things like, 'Well, you know that episode where Joan sort of got raped?' Or they say rape and use quotation marks with their fingers ... It illustrates how similar people are today, because we're still questioning whether it's

a rape."

I've heard viewers, male and female, fawn about the secretive Don Draper, but even the intelligent ones are in awe of this lying, cheating ass. Truly, women want him, and men want to be him.

I chuckled when Joan shows the new-girl secretary Peggy to her typewriter. "It looks complicated, but the men who designed it made it simple enough for a woman to use," she assures her.

Mad Men was set in a world on the cusp

of change, edging its way to free love, desegregation and violent war — but they clung, and still we cling, to antiquated notions. Every generation has its revolution, and ours is now.

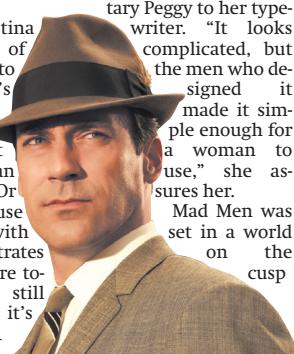
It's Afghanistan, where a law was passed that allows men to starve their wives for denying them sex.

It's a Carleton student, who is suing her school after it allegedly implied she was "asking for" a sex assault by working late at night in a secluded lab.

It's women being interrogated before an abortion.

Mad Men is a mirror, and if we look into it, we will see that our turmoil is as it always has been.

Canice Leung is a former editor of Ryerson University feminist magazine McClung's, copy editor at Metro, ardent feminist and loudmouth.



Tell us your views by email to ottawaletters@metronews.ca or comment on metronews.ca or on Twitter @metroottawa

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"It feels good to give something back for a change — and Britons certainly need it in the current economic climate," said Chris Fitch, a former pickpocket who now heads TalkTalk's putpocketing initiative.

Anything from 5 pounds (\$8) to 20 pound notes is being surreptitiously deposited in unguarded pockets or open handbags in Trafalgar Square, Covent Garden and other busy spots.

The initiative, which runs until the end of August in London before being rolled out countrywide, is being funded by a broadband provider, which says it wants to brighten up people's lives in unusual ways.

REUTERS

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Don Hewitt, the creator of CBS News' ground-breaking 60 Minutes program and one of the most influential behind-the-scenes figures in U.S. television journalism, died yesterday at the age of 86, CBS News said. He had been diagnosed with cancer. **REUTERS**

Creator of 60 Minutes dead at 86



U.S. to start vaccine tests on kids

Data from tests on adults show it is safe to start trying out the new vaccine for influenza A (H1N1), also known as swine flu, in children, U.S. officials said yesterday. The National Institute of Allergy and Infectious Diseases said it would soon start two trials of Sanofi-Aventis' vaccine in children aged six months to 17 years old

REUTERS

World

Karzai defiant before election

President urges Afghans to vote in face of mounting violence

Taliban fighters will not wreck Afghanistan's presidential election, President Hamid Karzai said hours before polls open, after fighters clashed with police in the centre of Kabul and threatened to shut the country's roads.

"I hope that (today) our countrymen, millions of them, will come and vote for the country's stability, for the country's peace, for the country's progress," Karzai said late yesterday after a small ceremony for the country's Independence Day holiday.

"Enemies will do their best, but it won't help."

Earlier yesterday, gunmen stormed a bank building in central Kabul and battled police for hours in what the Taliban said was one of many attacks it had planned for the capital.

Taliban warnings

- In a statement on a Taliban website (alemar.org), the Islamist group said 20 suicide bombers had infiltrated Kabul,

preparing attacks to thwart the election. Another statement said the militants were closing roads countrywide.

pressing turnout in southern areas where Karzai draws his support — or even jeopardize the legitimacy of the poll altogether.

In southern Kandahar province — Karzai's home and the birthplace of the Taliban — two election workers were killed in a bomb blast, an election official said.

Fearing more election-related violence, officials in Kandahar city said they would

The sectarian war that savaged Iraq after the 2003 U.S. invasion has abated and Iraq celebrated the restoration of its sovereignty in June when U.S. troops withdrew from cities.

The government this month ordered most blast walls in Baghdad to be removed within 40 days, a sign of faith in its troops and police before a national election in January. But yesterday's co-ordinated attacks shattered a growing sense of optimism about Iraq's stability.

REUTERS

Iraqis admit lapses after blasts

ATTACKS A series of blasts in Baghdad killed 95 people and wounded 536 in Iraq's bloodiest day this year, prompting a rare admission of culpability from Iraqi security forces struggling to cope without U.S. help.

At least six blasts struck near government ministries and other targets at the heart of Iraq's Shiite-led administration, weeks after U.S. combat troops withdrew from urban centres in June, thrusting Iraq's security forces into the lead role.

"We must face the facts. We must admit our mistakes, just as we celebrate our victories," Defence Ministry spokesman Maj.-Gen. Mohammed al-Askari told a group of U.S. and Iraqi military officials yesterday.

"We must admit our mistakes, just as we celebrate our victories."

Mohammed al-Askari, Defence Ministry

told a group of U.S. and Iraqi military officials yesterday.

His comments echoed earlier remarks by Baghdad's security spokesman, Maj.-Gen. Qassim al-Mousawi.

"This operation shows negligence, and is considered a security breach for which Iraqi forces must take most of the blame," Moussawi told Iraqiya state television.

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Ahmadinejad may face battle over cabinet

POLITICS Iranian President Mahmoud Ahmadinejad addresses the nation today to present a cabinet expected to include a relative novice as oil minister, but he may face a tough battle to win parliament's approval.

The outcome will be another test of how secure

the hardliner's grip is on power in the major oil exporter after a disputed June presidential poll that led to street protests and political turmoil.

Ahmadinejad had been expected to submit his proposed list of ministers to the assembly by yesterday, but it was not immediately clear if he had done so by an appointed deadline.

Parliament must approve his cabinet and he

may get a rough ride from conservatives who dominate the assembly, as well as from moderate foes who see his government as illegitimate.

Current Commerce Minister Massoud Mirkazemi is expected to be named the new oil minister. He is an industrial engineer who has little known experience of the oil sector but is seen as an Ahmadinejad ally.

REUTERS

Limited information

REUTERS

Senegal Monumental furor



FINBARR O'KEELEY/REUTERS

The nearly finished monument to the African Renaissance rises above the skyline in Senegal's capital Dakar yesterday. President Abdoulaye Wade has sparked a furor by declaring himself the "intellectual owner" of the monument and so entitled to a 35 per cent cut from future tourist revenues.

Women's law slammed

AFGHANISTAN A new family law ratified by Afghan President Hamid Karzai last month falls short of his country's international commitments on women's rights and should be revised quickly, the United Nations said yesterday.

President Hamid Karzai, who approved the law earlier this year, was forced to review the decision after the law, concerning family rights for the Shiite minority, drew wide condemnation.

OHCHR spokesman Rupert Colville said the amended law showed "partial" improvements, but still contained "serious deficiencies" such as allowing underage girls to be forced into marriage and giving only men guardianship rights over children.

REUTERS

Untangle life's challenges



DIAL

211

ARCTIC SEA The hijackers of a cargo ship that disappeared off the coast of France threatened to blow it up if their ransom demands were not met, Russian news agencies said yesterday.

Russia on Tuesday arrested eight people on suspicion of hijacking the Arctic Sea off the Swedish coast and sailing it to the Atlantic Ocean, ending weeks of silence about the fate of a ship which has intrigued European maritime authorities.

The Maltese-registered, Russian-crewed vessel and its \$1.3-million US cargo of timber disappeared from radar screens three weeks ago.

REUTERS

News in brief

SOMALIA Pro-government militiamen in southern Somalia have seized a second town from rebels as President Sheikh Sharif Ahmed's fragile administration seeks to crush the insurgents, witnesses said yesterday. Western security agencies say Somalia, which has been torn by civil war for the past 18 years, has become a haven for militants plotting attacks in the Horn of Africa and beyond. The international community is trying to bolster Ahmed's UN-backed government, which until this week only controlled small pockets of the coastal capital Mogadishu.

REUTERS

N. Korea softening its stance on South?

North Korea said yesterday leader Kim Jong-il had sent condolences on the death of former South Korean president Kim Dae-jung, the latest sign of a possible defrosting of relations between the rival Koreas.

Kim Dae-jung died on Tuesday at the age of 85. An extraordinary figure in South Korea's shift to democracy, he won the Nobel Peace Prize for a June 2000 summit with Kim Jong-il and efforts at reconciliation with the prickly North.

"Though he passed away to our regret, the feats he performed to achieve national reconciliation and realize the desire for reunification will remain long with the nation," North Korea's KCNA news agency quoted the message as

saying.

A close aide of the late Kim, Park Ji-won, told reporters the North wanted to send a five-strong delegation to the South to pay its respects. He said it may arrive ahead of the funeral, which is expected to be held in about a week in the capital Seoul.

Analysts said Kim's death could provide an opportunity to improve ties between the Koreas, which have soured since President Lee Myung-bak took power in the South about 18 months ago and angered the impoverished North by cutting off a steady flow of aid it had seen since the 2000 summit.

"There's no doubt a softer atmosphere has been created but the North Koreans will put on stern faces if anyone tries to en-

Mission aborted

- South Korea's aerospace agency suspended the launch of its first space rocket, with the countdown halted about eight minutes before its scheduled lift-off yesterday. No reasons for the delay were immediately given. Local media reports said fuel was being removed from the booster rocket, indicating the launch would not take place for several days.

gage them in political talk at the funeral because they will say their visit is not related to the North-South political reality," said Yang Moo-jin, a professor at the University of North Korean Studies.

REUTERS

U.S. to aid Pakistan in battle against Taliban

MILITARY U.S. General David Petraeus and Pakistan military leaders would discuss expediting delivery of U.S. equipment to Pakistan so it can expand its offensive against Taliban militants, U.S. officials said yesterday.

With U.S. troop strength growing in Afghanistan,

Weaponry

- The Pakistani army has been battling militants in parts of the northwest for months but a commander recently said the army was short of equipment, including attack helicopters.

fighters

from crossing into Afghanistan.

"It is part of a substantial effort to strengthen U.S.-Pakistani military co-operation," U.S. envoy to Afghanistan and Pakistan, Richard Holbrooke said referring to Petraeus' visit.

REUTERS

News in brief

ARRESTS Zimbabwean police yesterday arrested 10 opposition parliamentarians from Prime Minister Morgan Tsvangirai's MDC, charged them with disorderly conduct and later released them.

REUTERS



A Mexican child draws drinking water from a public tap in March. Mexico is suffering from its driest rainy season in 68 years.

Mexico's drought continues

WATER Mexico is suffering from its driest year in 68 years, killing crops and cattle in the countryside and forcing the government to slow the flow of water to the crowded capital. Below-average rainfall since last year has left about 80 of Mexico's 175 largest reservoirs less than half full, said a senior official at the Conagua commission, which manages the country's water supply.

More than 1,000 cattle have been lost due to lack of rainfall, and up to 20 million tonnes of crops managed by 3.5 million small farmers are at risk of being lost.

REUTERS

full, said a senior official at the Conagua commission, which manages the country's water supply.



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Smoltz goes from Red Sox to Redbirds

John Smoltz will resume his major-league career, agreeing to a contract with the St. Louis Cardinals. The former Cy Young winner was released Monday by the Boston Red Sox. The 42-year-old Smoltz is expected to join the Cardinals today in San Diego. **METRO NEWS SERVICES**

Sports



Gender questioned

The IAAF has asked the South African athletics federation to conduct a gender verification test on Caster Semenya, left, amid concerns she does not meet the requirements to compete as a woman. The 18-year-old easily won the 800-metre gold medal yesterday at the world championships. The IAAF says the "extremely complex, difficult" test has been started but the results were not expected for several weeks. **METRO NEWS SERVICES**

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Safina suffers 'disaster'

Top-ranked player eliminated after serving up 17 double faults

World No. 1 and holder
Dinara Safina made an early exit from the Rogers Cup in Toronto yesterday, shocked 3-6, 6-2, 6-4 by 39th ranked Frenchwoman Aravane Rezai.

Safina, eight times a finalist this season including last week in Cincinnati, could not find her feet on the Canadian hardcourt and contributed to her own demise by serving up 17 double faults.

"Disaster," Safina, close



"I had to slow down and I couldn't do the right things. I just went more and more crazy."

Dinara Safina

to tears, told reporters. "It's not my serve, it's just my brain. I know exactly what I have to do but I am not using my brain.

"I just didn't take control of my head. I lost my temper. I had to slow down and I couldn't do the right things. I just

went more and more crazy."

The victory was the first win in three visits to Canada for Rezai and earned her a small measure of revenge for the 6-1, 6-0 hammering she suffered at the hands of the Russian in the French Open fourth

round earlier this year.

It also marks just the second time this season that Safina has lost her opening match.

Maria Sharapova, working her way back to top form after nine months recovering from shoulder surgery, booked her place in the last 16 with a 6-3, 7-6 win over Austria's Sybille Bammer.

Fourth-seeded Russian Elena Dementieva eased into the next round, dismissing Japan's Ai Sugiyama 6-3 6-2. **REUTERS**

Jays ace no match for Red Sox

MLB

Red Sox 6 Blue Jays 1

Clay Buchholz outpitched the man he was almost traded for several weeks ago, as the Red Sox knocked around Roy Halladay in a 6-1 victory over the Blue Jays last night.

Buchholz was one of several teams rumoured to offer Toronto a healthy package for their ace, though the Blue Jays never pulled the trigger on a deal at the trade deadline.

Buchholz (2-3), who was one of the prospects coveted by Toronto, gave up a run on six hits through six innings, while Halladay (13-6) was touched for five runs. **METRO NEWS SERVICES**

Hurdles Silver celebration



Priscilla Lopes-Schliep of Whitby, Ont., celebrates winning the silver medal in the women's 100 metre hurdles final at IAAF World Athletics Championships in Berlin yesterday. Former world champion Perdita Felicien of Pickering, Ont., finished last after getting off to a rough start. Jamaica's Brigitte Foster-Hylton took the gold, while her teammate Delloreen Ennis-London took bronze.

Kane indicted on two charges, but robbery charge is dropped

NHL Chicago Blackhawks forward Patrick Kane has been indicted on charges of third-degree assault and theft of services, both misdemeanours, and harassment.

Kane and his cousin, James Kane, were arrested on Aug. 9 following a dispute with a Buffalo cab driver. Jan Radecki told the police he was punched in the face and grabbed by the throat after he couldn't provide twenty cents worth of change for their fare.

Erie County District Attorney Frank A. Sedita III announced yesterday that the grand jury dismissed a more serious felony charge of second-degree robbery. Both Kanes are expected to be arraigned this afternoon.

Patrick Kane, 20, was the first overall pick in the 2007 NHL Draft. The South Buffalo native was coming off his second season with the Blackhawks, compiling 25 goals and 45 assists.

METRO NEWS SERVICES

Sports in brief

SOCER Burnley celebrated their first home match in the top division for 33 years with a shock 1-0 victory over Premier League champions Manchester United at Turf Moor yesterday. Elsewhere, a Jermain Defoe hat-trick helped Spurs to a 5-1 victory at Hull City to make it two wins from two, while Birmingham City beat Portsmouth 1-0. **REUTERS**

NHL On Oct. 29, the Los Angeles Kings are hosting their first-ever Canadian Night. The evening features a Kings-Canucks hockey game, after which the Tragically Hip will be playing a free concert at

the nearby Club Nokia theatre. **METRO CANADA**

NHL The Carolina Hurricanes added veteran depth yesterday by inking centre Stephane Yelle to a one-year contract for the upcoming season. The 35-year-old Ontario native registered seven goals and 11 assists in 77 games last season for Boston.

TENNIS World No. 1 Roger Federer was a predictable second-round winner yesterday at the Western & Southern Financial Masters. The 15-time major champion handled Argentine Jose Acasuso 6-3, 7-5.

METRO NEWS SERVICES

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Staycations

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Vacation tip

Plan some great meals, as this will be the highlight of your staycation. No need to go crazy running to random markets across town or ordering online for specialty ingredients — keep things simple with your recipe choices. HGTVA.CA



The City of Ottawa has been working hard to get residents down to its local beaches, including Britannia Beach and Mooney's Bay — and it seems to be working.

PHOTO: GUY WOOD/IMAGE OTTAWA

A beach holiday, close to home

MJ DESCHAMPS
for Metro Ottawa



When people think of beach holidays, their thoughts usually drift toward crystal clear water, sprawling white sand, and tropical drinks with little paper umbrellas in them.

And while beaches themselves are one of the cheapest and best ways to spend a long summer day, unfortunately, those dream beaches the Caribbean has to offer aren't very cheap to get to.

So, in honour of the year of the staycation, it seemed

only fair to give the beaches right here in Ottawa a chance. Besides, the boyfriend and I couldn't stand another morning sweating in front of our little stand-up fan.

Despite the fact that it was in the middle of the workweek, Britannia Beach was packed when we pulled up — teenagers tanning in a long row, couples having a picnic lunch, parents building sandcastles with their kids, and the water full of the bobbing heads of people taking a dip.

I remember that a few years ago, a lot of people were hesitant to swim in

the Ottawa River because of high E. coli levels. However, the City of Ottawa has been working hard to get residents down to its local beaches.

About five years ago, the city installed seagull netting over the swimming area at both Britannia Beach and Mooney's Bay, said Kristin Tittley, recreation supervisor for the city's parks recreation and cultural services department.

The thin, overhead wires keep birds out, and because of it, water quality has gone "way up" in the past few years, she said.

In fact, Québec residents Manuel Daigle, 18, and Katrina Frappier, 19, say they

The City of Ottawa has also begun letting the grass grow longer around beaches so that geese aren't attracted to the areas.

Nowadays, Britannia Beach consistently has the best water quality out of all Ottawa beaches.

University of Ottawa students and frequent beachgoers Katie Ptycia, 20, and Brittany Fryia, 19, say that they visit Britannia and Mooney's Bay most often because they know they have the best water quality in the city.

that still remains a central factor in today's modern SuperEX, with attractions such as this year's RONA Pure Country Pavilion, apple pie baking contest, petting zoo, horse-drawn wagon rides, and interactive animal displays.

"Have you ever seen Charlotte's Web? You know the rural fair scene in that movie? That's kind of what the EX looked like when it first started out," said Doug Hempstead, marketing and communications manager for SuperEX.

The first annual fair was mainly agricultural; an element of the exhibition

came from over the bridge just to spend the day at an Ottawa beach.

Most of the area beaches have volleyball nets set up for visitors to use, and canopies to get lunch and drinks. Britannia Beach even has free parking.

Although it's fairly small, Westboro beach is a popular spot for the area's residents.

"Just like Westboro Village, Westboro's beach is very community-oriented," said Tittley.

There is limited shade and greenspace there, but that just makes it the perfect location for tanners.

The quaint little beach café has a patio overlooking the water, and some pretty delicious snacks, too.

Finally, if you live out in Ottawa's east end, the Petrie Island beaches have become a pretty popular spot in the last few years for swimmers. Petrie Island boasts two long-stretching public beaches as well as a whole island of trails and plants and animal life to explore. Tittley says Petrie Island is a popular canoeing and kayaking spot as well, and visitors to the beach can even rent paddle boats and kayaks from the Petrie Island Bait and Tackle Shop.

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SuperEX celebrates with free admission

MJ DESCHAMPS
for Metro Ottawa



If you wanted to attend Ottawa SuperEX 121 years ago, you would have only needed a quarter to get in.

The Central Canada Exhibition (CCE) has been in Ottawa's community for as long as anyone can remember. On Sept. 25, 1888, residents paid 25 cents to see Governor General Lord Stanley and Sir John A. MacDonald open the first-ever CCE at Lansdowne Park. The event location hasn't changed since.

The first annual fair was mainly agricultural; an element of the exhibition

forgot its traditional roots. "I think these fairs just really strike a chord with the community," said Hempstead.

"They're classic, wholesome, reasonably affordable, and a place where you always recognize people," he said. "It's a celebration of the community as well as great stimulation to the economy."

In recognition of the recession, the SuperEX is cutting admission prices this year. Admission will be free during opening day today, and there will be a free kids' day, free seniors' day and a two-for-one date night as well at different points during the 10-day event.



The midway is always a big hit at Ottawa SuperEX.

"With the recession this year, it's a chance more than ever for people to do something fun without having to leave town."

This year's SuperEX takes place until Aug. 30 at Lansdowne Park.



Back to School



Go peanut-free

This year, President's Choice has introduced a slew of peanut-free products, including these Soft and Chewy Raisin Oatmeal Cookies (\$3.99). For more, go to pc.ca.

METRO NEWS SERVICES

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Tech goodies for every student

RAFAEL BRUSILOW
for Metro Canada

Eyes and ears up here!
Class is creeping closer so make sure you're prepared with the right tech goodies to get you started (or at least enjoy the final waning days of summer).

Artistic and smart
With advanced auto-focus tracking to keep moving objects sharp, a super-wide-angle zoom lens and creative in-camera filters,

the **Olympus FE series** offers some feature-loaded camera for the buck. The three cameras in the series, available in a variety of pastel colours and ranging in price from \$129.99-\$189.99, offer the same 12-megapixel capability and a powerful Intelligent Auto setting that adjusts for shadows and decides which scene setting to use, doing the hard thinking for you and letting you focus instead



on getting great shots. Fun "Magic Filters" let you take distinctive shots quickly that simulate a fish-eye lens effect, the look of a pinhole camera, wedding-ready photos with softened edges or even Warhol-esque pop art-style photos with enhanced, saturated colours — perfect for a hip Facebook profile pic.

Sports warrior
Both waterproof and sand-

proof, the **Fuji Z33WP Waterproof Whiz** 10-megapixel camera is the perfect beach buddy for capturing the last fun moments of summer. The camera, which retails for \$229.99, comes in four colours: green, pink, blue and black. Built-in face detection technology keeps focus sharp in group shots and Intelligent Scene Recognition ensures the best pictures no matter what kind of light you shoot in. A Blog Mode also offers an optimal way to

quickly shoot and upload photos to sites like Twitter and Facebook, meaning it's never been easier than ever to reveal to the online world just how out-of-shape (and unaware of it) your friends are.

Touch or type

The **Motorola Rival A455** features two seemingly contradictory, yet highly convenient, features: a sliding faceplate that reveals a full-stocked QWERTY keyboard for texting, and a touch-sensitive screen for quick operation. It's a snazzy phone that features all of the regular trappings — 2 megapixel

No signal? No problem

Since weak signals and per-minute charges have been the bane of all cheapskates and travellers since the invention of the cellphone, the **Nokia 7510** flip-phone definitely goes against the tide. Available for \$49.99 with a three-year contract at Rogers Wireless, this Wi-Fi enabled phone features the ability to talk through a wireless Internet hotspot (via UMA technology) instead of on the regular network — meaning you could chat for free, even without a cellphone signal, as long as you had wireless Internet access nearby. Students will love

the fact that the phone can take a call on their wireless connection in their dorm room and seamlessly switch to the GSM network when they walk outside without dropping the call.



connection and lets you use the massive leftover storage space on your device or transfer new music files without risking deleting any existing files, all without having to connect through a computer or use any special software. It also backs up your MP3 and data files on your iPhone or iPod with ease and can even be used to extract data should your device (or its battery) decide to head for tech-heaven a little too soon.

RAFAEL BRUSILOW/
FOR METRO CANADA



Not to be missed...

Technology always finds ways to give you new capabilities you never knew you needed and this back-to-school season is no exception.



• Small pictures can say big things
Printing from the palm of your hand can be both fun and practical with the **Wasabi Ultramobile Photo Printer** (starts at \$189, but is currently available for \$99 at dell.ca). This printer is a neat little wonder

that definitely surprises with its usability and design. Small enough to hold in one hand, the Wasabi can connect to your mobile phone or other wireless devices through Bluetooth or a regular USB connection. The printer use no ink at all, instead printing two- by three-inch photos on special ZINK paper, which has colour crystals embedded into

it that get heated by the printer to create photos. The diminutive printer holds up to 12 ZINK sheets, which come on an adhesive backing, ready for sticking inside lockers or onto binders.

• Data transfer without all the mumbo-jumbo

Lovers of the iPod and iPhone might just fall in love with the cute, convenient little **Click-free Transformer SE** (\$49.99-\$79.99 at clickfree.com). It connects to your iPod or iPhone through the USB con-

nnection and lets you use the massive leftover storage space on your device or transfer new music files without risking deleting any existing files, all without having to connect through a computer or use any special software. It also backs up your MP3 and data files on your iPhone or iPod with ease and can even be used to extract data should your device (or its battery) decide to head for tech-heaven a little too soon.

RAFAEL BRUSILOW/
FOR METRO CANADA

Plenty of options out there for eco-friendly school supplies

KATHY BUCKWORTH
for Metro Canada



Kids are usually less than thrilled about back-to-school shopping, but this year mine were excited when they saw the new eco-friendly products.

Is it the appeal of saving trees and using recyclable

This bamboo 4GB USB key is \$24.95 at Staples (staples.ca).



newspapers? Somewhat. Most kids today know how important it is to be good to the environment, but let's face it, kids are kids, and they like things on an aesthetic level as well.

"Smell this!" yelled seven-year-old Nicholas, as he thrust out one of 10 "Gourmet Scented Pencils" (or "smencils"). Made from 100 per cent recycled newspaper,

this is just one of the products found at Indigo. Their Pistachio lineup includes notebooks made with 100 per cent post-consumer recycled products, and even staple-free staplers.

These Hilroy exercise books (\$0.95 each) are made with recycled paper. For store locations, go to hilroy.ca.

"Little changes can make a big difference for the environment, and it's important for consumers to know their options and understand the environmental impact of the products they're selecting during the busy back-to-school shopping season," said Michelle White, director of sustainability at Indigo.

Hilroy offers notebooks as well as Recycled Ruled Sheets, in their Enviro-Plus line.

"Hilroy's eco-friendly products give students the chance to start making a difference with small changes," says Samantha Hindmarch, director of marketing at Hilroy. Hilroy also has a website to teach kids about going green (hilroy.ca/spreaddtheword).

At Staples, there are bio-degradable folders,



These scented pencils, or smencils, are \$14.99 at Indigo (indigo.ca).

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EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

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Time is of the Essence

Graham and Brown has released a new line of wallpaper called Essence. These trend-inspired patterns offer an intense dichotomy between bold stripes and delicate florals in crimson, charcoals, duck eggs and creams. Shown here is Alum in damson and gold. See grahambrown.com.

Content at the cottage

EMMA YARDLEY
For Metro Canada

Canadian cottage interiors are growing up and clearing out. Gone are the days of cutesy animal-themed wallpaper and crock jugs stuffed with dried baby's breath. Instead, make way for clean open spaces filled with rustic furnishings and vintage (or vintage-inspired) pieces.

"Country decor is often predictable, common and too fussy," says Karl Lohnes, home expert for Canada AM. "The new country decor is simpler and incorporates modern or industrial elements as a juxtaposition."

Whitewashed walls, battered wooden furniture and a mishmash of collected objects are still the pillars of cottage decor but add in treated concrete floors, modern window fittings and quirky home accents, and the cottage becomes cool rather than cluttered.



It's always nice to feel welcome. [Hello Goodbye Doormat](#), \$25, [Urban Barn](#), [urbanbarn.com](#).



Mirroring classical design features of 19th century gilded frames, this [carved weathered curlicue mirror](#) is a perfect example of rustic charm. Anthropologie, \$448, [anthropologie.com](#).



No country experience is complete without a little porch rocking while looking over the lake at sunset. [Mission Rocking Chair](#), \$149.99, Canadian Tire, [canadiantire.ca](#).



Worn and weathered to perfection, the [Markham console table](#) is one piece that will continue to stand the test of time. Pottery Barn, \$1,999, [potterybarn.ca](#).



The [Kingdom folding bench](#) is a sleek and sophisticated interpretation of traditional canvas campstools. Urban Barn, \$189, [urbanbarn.com](#).



This [velvet pearl chaise](#) has both the comfort and clean lines that define the new cottage chic. The Home Depot, \$529, [homedepot.ca](#).



Enjoy the creature comforts of an afternoon nap wrapped in a [Grizzly Throw](#). Urban Barn, \$95, [urbanbarn.com](#).



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Metro's Pick:
These Grizzly Throws look to be the epitome of comfort, and don't worry, it's faux-fur, so no animals were harmed making these fluffy blankets.

Darkly floral

Seen here is part of Graham and Brown's newest Essence collection. With big, confident blooms, it's called Flora and it's seen here in crimson, cream and charcoal. [SEE GRAHAMBROWN.COM](http://SEEGRAHAMBROWN.COM)



metro homes **15**

Making use of your waste

The idea of home composting is becoming a lot more appealing. After all, it's the organic stuff that stinks, and taking care of most of it by composting is one great way to reduce the stinky factor.

I tried composting in my back yard before the city picked up compost, but was equally happy putting it in my container and leaving it out on the curb for pickup.

From a holistic viewpoint, I came to the conclusion that home composting was one great way for me to take care of my own garbage, or at least a portion of it.

The biggest part of the problem is volume,

course. And the answer to that problem is staring you in the face.

There are many different ways to reduce the garbage you produce, and home composting is only one of them. But one piece at a time is a good start. To start, there are a ton of websites

"If you can't use the compost yourself, take it to the local market, and try bartering it for produce. Or give it away to gardeners in your area."

devoted to the fine art of composting, but the bottom line is to layer green nitrogen-

rich waste (fruit and vegetable peelings, coffee grounds, teabags, grass clippings but

NO meat, dairy or other greasy food items) with "brown" items that are rich in carbon (fall leaves,

shredded newspaper, spent plants, pine needles, wood chips, egg shells or corn-cobs. Use at least twice to four times as much

"brown" as "green", and constantly adjust to get the mix just right. Finished compost should be damp, crumbly and look like soil. See the very useful Composters Council of Canada website (compost.org) for further information. If you

decide to compost, here's a few hints to get back into the swing of it.

- If you've got a small yard, consider a space-saving rotating composter, with a 26-inch diameter, which holds six cubic feet of compost and collects compost "tea" for watering. No need to pitchfork this mess around — just rotate the drum. Lee Val-

ley Tools carries this composter for \$185. See leevalley.com

- A cheaper alternative is to use a garbage can with a firm lid. Poke holes in it to help with aeration, and roll it on the ground whenever it needs mixing. No fuss, no muss.

- If you live in a condo or apartment, consider vermiculture,

HomeScape

Sylvia Putz

metronews.ca/homescape



metronews.ca/homescape

or composting with worms. No it's not as disgusting as it sounds. I tried it, and you can actually become attached to the wee wigglers. See cityfarmer.org for more information

- If you can't stomach the idea of worms, go for one of those big plastic storage containers, and carry on with regular composting on the porch, or even under the sink.

- If you can't use the compost yourself, in a garden or in potted houseplants, put it in bags and take it to the local market, and try bartering it for produce. Or give it away to gardeners in your neighbourhood. They'll love you forever.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design. sputz@arrestingdesign.com.



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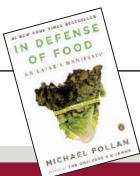


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In Defense of Food: An Eater's Manifesto by Michael Pollan remains at the top of the bestseller's list for cookbooks on Amazon.ca. Jamie's Food Revolution came in second and Gordon Ramsay's Healthy Appetite was third. METRO NEWS SERVICES

Food

The croquette (from the French croquer, "to crunch") was a French invention that gained worldwide popularity, both as a delicacy and as a fast food.

METRO NEWS SERVICES



EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Worldwide

Croquette varieties can be found all over the world, including Mexico, Germany, Brazil, Portugal, Russia, Spain, Poland and the Philippines.

Chicken Croquettes with Creamy Gravy

SERVES 4

INGREDIENTS:

- 3 tbsp (45 ml) butter
- 1 medium-size yellow onion, finely chopped
- 2 tbsp (25 ml) minced parsley
- 1/2 cup (125 ml) all-purpose flour
- 1/4 tsp (1 ml) salt
- 1/8 tsp (0.5 ml) ground cayenne pepper
- 1/4 cup (50 ml) chicken broth
- 2 tbsp (25 ml) 1% milk
- 1 1/2 cups (375 ml) ground cooked chicken breast
- 1/3 cup (75 ml) plain or seasoned fine dry bread crumbs
- 1 large egg, lightly beaten
- 1/2 cup (125 ml) plain or seasoned fine dry bread crumbs
- 1 cup creamy gravy (see below)

METHOD:

In small pot, melt butter over moderate heat. Add onion and cook 5 minutes

or until tender. Stir in parsley. In small bowl, combine flour, salt and cayenne pepper. Stir into mixture in pot. Cook 1 minute or until bubbly. Add chicken broth and milk. Cook, stirring constantly, until mixture starts to thicken. Cook and stir 2 minutes more or until thickened.

Pour mixture into large bowl. Stir in ground chicken and 1/3 cup (75 ml) bread crumbs. Cover and refrigerate 1 hour. With hands, shape 1/4 cup (50 ml) of mixture into 3/4-inch (2-cm) thick patty. Repeat with remaining mixture to form total of 8 patties.

Preheat oven to 375 F (190 C). Place egg in shallow dish. Place 1/2 cup (125 ml) bread crumbs on sheet of wax paper. Coat patties with bread crumbs, then dip in egg and coat again with crumbs. Arrange patties in lightly greased shallow baking pan. Bake 25 to 30 minutes or until patties are golden and heated through. Serve with Creamy Gravy.

Creamy Gravy:

In small pot, melt 1 tbsp (15 ml) butter over moderate heat. Whisk in 2 tbsp (25 ml) all-purpose flour, 1/2 tsp (2 ml) dried basil, 1/4 tsp (1 ml) salt and dash of pepper. Cook 1 minute or until bubbly. Add 1 cup (250 ml) 1% milk. Cook, whisking constantly, until thickened.

Peach Cobbler

SERVES 4

INGREDIENTS:

- 1 cup (250 ml) peach nectar, apricot nectar or apple juice
- 1/3 cup (75 ml) sugar



Chicken Croquettes with Creamy Gravy



Peach Cobbler

- 4 tsp (20 ml) all-purpose flour
- 1/2 tsp (2 ml) ground nutmeg
- 3 cups (750 ml) sliced and peeled peaches
- 1/2 tsp (2 ml) lemon juice
- 2 1/2 cup (150 ml) all-purpose flour
- 2 tbsp (25 ml) old-fashioned or quick-cooking rolled oats
- 2 tbsp (25 ml) sugar
- 1 tsp (5 ml) baking powder
- 2 tbsp (25 ml) butter
- 2 tbsp (25 ml) 1% milk
- 1 large egg white

METHOD:

Preheat oven to 400°F (200 C). In medium-sized pot, whisk peach nectar, 1/3 cup (75 ml) sugar 4 tsp (20 ml) flour and 1/4 tsp (1 ml) nutmeg. Cook over moderate heat, whisking constantly, until starts to thicken. Cook and whisk 2 minutes more, until well thickened. Stir in peaches and lemon rind. Cook until

bubbly. Keep warm.

In medium bowl, stir 2/3 cup (150 ml) flour, oats, 2 tbsp (25 ml) sugar, baking powder and 1/4 tsp (1 ml) nutmeg. Using pastry blender or two knives, cut butter in until mixture resembles coarse crumbs. In small bowl, combine milk and egg white. Add to oat mixture and stir until dough forms.

Spoon hot peach mixture into 9-in. (23-cm) round baking pan. Spoon dough into 4 even mounds on top of hot peach mixture. Bake 18 to 22 minutes, or until toothpick inserted into mound comes out clean. Serve with whipped cream.

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Last call for grilling glory

To misquote '80s poetic power-house Bananarama: "It's been a cruel, cruel summer." Unless you count the hours I've stood outside trying to convince my dogs to stop barking at the neighbours; this season's uneven weather has meant that I haven't spent much time enjoying the tranquility of my backyard.

Well, with the sun beginning to set on summer I'm going to hang out on my deck and barbecue something this weekend even if hurricane whoever decides to descend on my little piece of Canada. Of course this determination allows me another crack at offering a few more red wine recommendations to wash down grilled meat.

Having visited Chile in the spring I gained a lot of respect for the carmenère grape. Tasting like the love child of merlot and cabernet sauvignon, its ripe, bright berry fruit flavour shows accents of chocolate and deep plum that's typified by the smoothly accessible **Concha y Toro Casillero del Diablo 2007 Carmenère (\$12.95 - \$13.97)**.

Miguel Torres' **2006 Sangre de Toro (\$11.95 - \$14.28)** is a spicy blend of garnacha and cariñena that layers earthy black fruits over silky tannins which makes it a perfect partner for a beefed-up entrée cooked over the coals.

Prices reflect the range across the country. Some products

may not be available in all provinces.

Local Savour

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Feel at home at Il Piccolino, an old house converted into an Italian restaurant in the heart of Ottawa's Little Italy. Located two blocks from Dow's Lake, Il Piccolino has a quaint dining patio and an intimate but casual interior.

The menu includes a wide variety of antipasti, salads and cheese plates for appetizers. Pizza, pastas and land and sea dishes are main course items. Pasta dishes range from \$15-17, and the Risotto Al Mare with tiger shrimp, scallops, mussels, calamari and saffron is one of the more decadent and expensive menu items at \$24.

Desserts include a classic Italian tiramisu, sorbet and gelato.

On the web



Global Peasant:

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog.
- Visit metronews.ca/globopeasant for a recipe for really easy raw peanut butter.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

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Wal-Mart goes upscale

Wal-Mart Stores Inc is rolling out a new line of cosmetics by Hard Candy. It will be introduced in 3,000 of its U.S. stores in September. It will be rolled out internationally next spring. **REUTERS**

Style

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

**Star power purses**

Just because you're not walking the red carpet doesn't mean you can't look the part. Step out in style during this year's Toronto International Film Festival with the new Town Shoes Red Carpet collection. It features three distinct leather and vegan purses that retail between \$89.95 and \$148 (the original designer versions are around \$2,740). Visit townshoes.com for a store near you.

METRO NEWS SERVICE

Maxi-mize

Time to snap a maxi dress off the sales rack

JANINE FALCON
for Metro Canada

If you think you're too late to try the airy maxi dress, don't worry — summer was late too.

In fact, now's the time to pick one up if you don't already have one; end-of-season sales have a lot to offer at great prices. And you don't have to be genetically blessed with a model figure to wear one.

"Look for something that skims your figure rather than clings," advises style expert Afiya Francisco of TheStyleHouse.ca. If you're a little tummy conscious, an empire waist works nicely in your favour because it helps conceal less-than-taut abs.

If you have more of an apple body shape, look for a style with minimal gathers where the waistband meets the skirt, and make sure the skirt isn't too full.

Voluminous skirts are also a "don't" if you're petite, Francisco adds.

If you have a generous bustline, or wear size 12 or better, shun spaghetti straps and strapless versions, which will make you look heavier than you are.

Instead look for dresses with wider straps or halter necklines; they'll provide a little support and more flattering proportions.

When it comes to stepping out in your maxi Afiya Francisco, dress, "gladiator sandals and oversized

sunglasses are ideal for day," according to Francisco. Simplicity is key when it comes to accessories, so think bangles or dangle earrings or a statement necklace. A slouchy tote also strikes the casual note.

For evening, Francisco suggests a clutch and sandals with heels to dress things up.

An unfussy beauty look is best with the maxi-dress trend. New York-based Canadian celeb hair stylist Harry Josh points to Cameron Diaz and Helena Christensen as examples of today's uncomplicated approach.

According to Josh, a consultant for John Frieda hair care, a shoulder-length cut with lots of layers is key. Through damp hair, dis-

tribute mousse such as Frizz Ease Take Charge Style Managing Mousse.

Once hair is dry, add some random waves with a one-inch pro curling iron if you want

more texture. With blowdryer and round brush, smooth hair around the face and allow a soft sweep across the forehead. "It's sexy when women shake hair out of the way to see," says Josh. Back-comb a little at the crown for lift and finish with Frizz Ease Moisture Barrier firm-hold flexible hair spray.

Right: Banana Republic maxi dress, \$124; Banana Republic stores



In the bag shopping totes

JANINE FALCON
for Metro Canada

TREND Re-usable shopping bags from the grocery store work best when you remember to take them from your kitchen to the car to the store. But how many times have you made an unscheduled stop and mentally cursed because the six bags you've accumulated are at home while you're at the checkout? And if you depend on public transport, an impulse or last-minute stop after work means spending a nickel on plastic because you didn't plan to have those grocery bags on hand.

Nylon shopping totes that fold up small enough to

keep in your purse are the growing-in-popularity solution to forgotten bags. Aside from being super lightweight, they're strong enough to carry weighty items like milk and laundry detergent in the same load and come in a range of express-yourself colours and patterns.

Top options include MyTagAlongs, EnviroSax and Baggu totes, which have little snap-closure straps like umbrellas do to keep them folded neatly; Flip & Tumble 24/7 bags which scrunch down into nifty little balls; and, from clothing retailer

Reitmans, roomy bags that fold into compact, Kleenex-pack-age size.

Another plus to purse-friendly nylon shopping bags is easy cleaning: just throw 'em into a mesh laundry bag.



Baggu tote (\$8 US); available at info@baggubag.com.

Kenya's Style

Kenya Hunt

Exclusively at metronews.ca/globalstyle

Last chance: how to get the look

Silpada Hammered sterling silver bangle (\$132). Available at silpada.ca.

Silpada rosewood and sterling silver bangle (\$95); silpada.ca

Browns sandals (\$98); brownsshoes.com



Silpada Hammered sterling silver earrings (\$58); silpada.ca.

Joe Fresh maxi dress (\$29). Available at Loblaws and SuperStores; joe.ca.

STYLED BY JANINE FALCON

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Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

Sean Paul cranks club beats

Sean Paul

Album: Imperial Blaze
Label: VP/Warner
Rating: 



SEAN PAUL'S FIRST record in four years was apparently going to introduce us to a new socially conscious artist, but instead we get more sexed-up jams. From Birthday Suit to Lace It, this dancehall superstar has shagging on the brain, but in the end his speedy lyrics don't matter. Paul's music is meant for dancing and at that he succeeds again. The record is loaded with club-friendly beats, infectious choruses and hip-shaking grooves. It's nothing spectacular, but it does the job it set out to do.

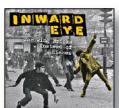
Bryan Borzykowski/for Metro Canada

Inward Eye

Album: Throwing Bricks Instead of Kisses
Label: RCA/Sony Music
Rating: 

THE LABEL HYPE

sheet says brothers Dave, Kyle and Anders Erickson grew up listening to their parents' Rolling Stones, Who, Kinks and Clash records ... until, that is ... they discovered Green Day. Which means two



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Music Reviews

music@metronews.ca

things. No. 1 — the publicist is prone to tired clichés. And No. 2 — we're probably dealing with three upper-middle class suburban Canadian kids trying to be inner-city English punks. Oh, we should also add — the Erickson brothers have dreams of becoming as wealthy as Billy Joe Armstrong. Sorry, guys. It ain't gonna happen. But you get points for trying. There are some undeniably likable tracks on Inward Eye's debut full-length.

Graham Rockingham/for Metro Canada

Brendan Benson

Album: My Old, Familiar Friend
Label: ATO/MapleMusic
Rating: 

ALTHOUGH BRENDAN BENSON has been creating catchy power pop tunes since 1996, it's likely you were first introduced to the Michigan-based singer when he formed The Raconteurs. Thanks to that high profile gig, Benson's latest — his first since joining the band — has a bigger budget and more buzz. And the attention is well deserved. His fourth record is a solid collection of happy pop songs. It's not too complex, but it's all very catchy. And while it's a bit too glossy, songs like the Franz Ferdinand-ish Feel Like Taking You Home, make this a pleasant listen.

Bryan Borzykowski/for Metro Canada

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Papa Wayne

Rapper Lil Wayne is expecting two little babies this year, but they're not twins. He is expecting one child with girlfriend Nivea and another with actress Lauren London, MTV.com reports. POPEATER.COM

***** A CLASSIC; ***** EXCELLENT; ***** GOOD; *** FAIR; ** POOR



found on cherished western cassettes by groups Led Zeppelin and Santana. The result is exotically hypnotic, reminiscent of the stoned cadences of Coltrane, and the improvisational magic of Jerry Garcia. *Imidiwan: Companions* is Tinariwen's fourth western release. It was recorded in a rented adobe hut in the village of Tesalit. Deadhead nirvana.

Graham Rockingham/for Metro Canada

Rich Hope

Album: Rich Hope is Gonna Whip It on Ya
Label: Sandbag/Fontana North
Rating: 



RICH HOPE NEEDS only an electric guitar, harmonica, a few overdubs and a solid drummer by the name of Adrian "the Cleethorpes Crash" Mack to remind us how good truly authentic R&B-tinged rock 'n' roll can be. This music is raw, ragged and reeking of leaky oil pans.

Hope, an Edmonton native, wears his influences on his sleeve — Son House, Hound Dog Taylor, Bo Diddley, '60s R&B singer Don Gardner and guitarist Gordie Johnson (Big Sugar, Grady). This album has the taste of Jack Daniels and the feel of the Burnaby, B.C., basement it was recorded in. If only rock 'n' roll was always this simple.

Graham Rockingham/for Metro Canada

Listen to this week's reviewed music at metronews.ca/music

call the band's last disc, so there's still something for their original fans.

Bryan Borzykowski/for Metro Canada

Tinariwen

Album: *Imidiwan: Companions*
Label: Outside
Rating: 

TINARIWEN IS AN electric guitar collective born out of the Saharan sands of north Africa and the violent rebellions of the Touareg nomads of Mali. These people literally grew up with Stratocasters strapped to their backs alongside Kalashnikovs. They are guitar masters who have merged their traditional Touareg music with the sounds they

Twilight hits the road with fan convention tour

Tween vampire lovers could soon be descending on a city near you.

Summit Entertainment, producer of the *Twilight* movies, has partnered with Creation Entertainment to produce a series of *Twilight* fan conventions, which will take place at various North American locations over the next three years.

Beginning Aug. 28 at the Hilton Parsippany Hotel in Parsippany, N.J., weekend

conventions will be held in such cities as Chicago; Miami; Seattle; Nashville; San Francisco; Atlanta; Los Angeles; Charlotte, N.C.; Minneapolis; Phoenix; Boston; Toronto; and Portland, Ore.

The conventions will feature onstage appearances by *Twilight* celebrities, screenings of exclusive footage, panel discussions, parties, musical performances, auctions, autographing.

REUTERS

New president for Academy Award board

Film executive Tom Sherak has been elected president of the Academy of Motion Picture Arts and Sciences, which presents the Oscars. Sherak, who will begin his one-year term immediately, succeeds outgoing Sid Ganis. **REUTERS**

Southern Vampires

True Blood is the small-screen equivalent of Twilight

Vampires are more in than ever: After the roaring success of the Twilight series, True Blood is having the same effect, only on the small screen.

The HBO series is based on The Southern Vampire Mysteries books, written by Charlaine Harris. She has already penned nine volumes on the series, which looks at the experiences and dark love of Sookie Stackhouse — played by Anna Paquin in the TV series.

Metro World News recently sat down with Harris to talk about the growing interests in TV and film vampires.

Q You started the Sookie Stackhouse books back in 2001 before the big vampire craze. Why were you interested in vampires, and why have you dedicated a whole series to them?

A The series is actually about the young human woman who is dating a vampire. I thought that would be a

more interesting approach. It seemed to be that it would be interesting to write about characters who are so different from humans, who have seen so much history.

Q Why do you think the topic of vampires became so popular so sudden?

A I am sure the Twilight series had something to do with it, but actually this has been building for the past ten years or so.

Q You write other series also featuring girls with superpowers. What interests you in these characters?

A I don't really think of them as having superpowers; they

have more like a disability. Sookie is telepathic, and that is a great burden. Harper had to be struck by lightning before she became able to find corpses. Though she makes her living doing that, it's not a pleasant way of life.

Q What makes a good book for you? What do you like to read in your free time?

A I love to be engrossed in the story the writer is

Q How much do you read weekly? Where is your ideal reading spot?

A I don't have an ideal vampire. I think people are fascinated by the eternal vigour of vampires, who don't age. I love to read, and I read many, many writers. I read some mystery, I read some science fiction, I read a little romance and a little non-fiction.

Q How would your ideal vampire look like? What attracts people in vampires?

A I read three or four books a week. I can read anywhere, but I have a comfortable chair in our bedroom and one in our family room; both of these are good for reading.

METRO WORLD NEWS



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Johnny Knoxville has confirmed that he and girlfriend Naomi Nelson are expecting. "It was reported today that my girlfriend Naomi Nelson and I are having a baby and I gotta say that's true. Woohoo!!!" he writes on his blog. USMAGAZINE.COM

Daddy Knoxville

Pop goes the opera star

When Danielle de Niese goes on her frequent international tours, she carries a visa listing her occupation as Opera Singer.

Customs officials usually react with disbelief: "But you don't look like an opera singer!"

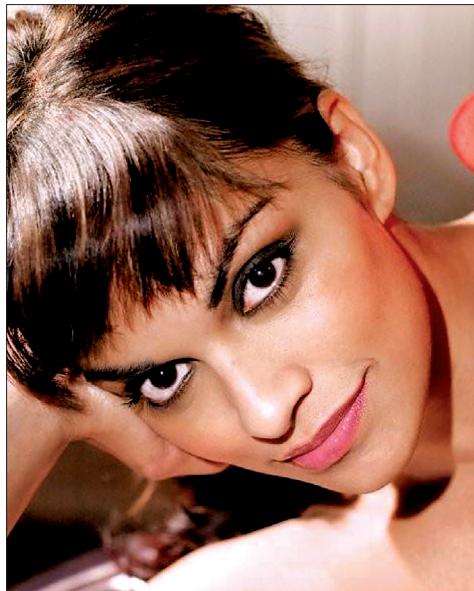
At 30, de Niese, slim and gorgeous, is one of today's hottest opera stars.

"There have always been beautiful opera singers," she points out.

"But today we live in a very visual age. As an opera singer, you have to be able to both sing and act, and there's always someone who records the performance and puts it on YouTube."

Such performances are worth watching, even on YouTube; today's new opera stars defy people's notion of opera as a boring art form performed by fat, old singers.

Perhaps that's why Vanity Fair recently featured a photo spread of several opera stars, and Playboy let readers vote on the "hottest classical babe."



No fat ladies here: Opera star Danielle de Niese says in such a visual age, modern opera singers must finely groom their images.

"30 years ago, opera singers didn't work out, but today going to the gym is often as important to

them as going to rehearsals," explains Sarah Billingham, the assistant manager in charge of artis-



Erwin Schrott

tic programming at the Metropolitan Opera in New York.

"Today there are many fabulous singers who also look fantastic on stage. And female singers, in particular, are very sophisticated about how they look on stage and in photo shoots."

De Niese, a Dutch-Sri Lankan who was born in Australia, is no opera nerd: As a teenager in Los Angeles, she danced and hosted

Looks and talent

Some other supremely talented, gorgeous opera singers:

- Who's David Beckham compared to Uruguayan bass Erwin Schrott?
- Schrott's wife is Anna Netrebko (annanetrebko.com) of Russia, today's leading soprano.
- Evgeny Nikitin is a tattoo-covered Russian bass-baritone who also performs in a heavy-metal band.
- Lisette Aropresa is an American mezzo-soprano (and Vanessa Hudgens look-alike).
- Italian bass-baritone Luca Pisaroni.

a TV show for teenagers.

"I had many career options, but classical music is like a love affair," she says. "And opera has the potential to reach huge audiences. It touches you whether you have a music degree or not."

Especially if the performers are gorgeous.

METRO WORLD NEWS

Death Row Records moving into films

LABEL Newly resurrected rap label Death Row Records is expanding into film production.

Death Row Records CEO Lara Lavi said her new Death Row Films division is set to shoot Sons 2 The Grave this October, with Tonya Lee Williams, Dorian Harewood, K.C. Collins (Flashpoint) and child actor Cameron Miles Jones on board.

The indie drama features Collins as a young basketball phenomenon returning to an embattled ghetto after two gunshots cut short his dream of an NBA career.

WIDEAWAKE Entertainment Group, Lavi's Toronto-based company, acquired Death Row Records, which was in bankruptcy, in January for \$18 million.

"We're looking at film properties that relate to 'Boyz n the Hood'-type stories, and to power the films with Death Row music," Lavi said.

She added that the Death Row library, which includes songs and albums by 2Pac, Dr. Dre, Snoop Dogg and Danny Boy, is barely exploited. REUTERS

critics' corner

JASON X

Begone! A pox on you! Anything to make it go away! And that includes not only the character but any movie series that goes beyond three films and isn't about Harry Potter. Kane Hodder stars as the masked murderer of "Friday the 13th" fame who is now living aboard a spaceship in the 25th century. Naturally, that ship is populated with too-stupid-to-live young people. So they don't. Live, that is. 9 PM on 50 SPC



Karaoke Star

On "American Idol," Simon Cowell's "That performance sounded like karaoke" isn't a compliment. This competition, however, is all about singing karaoke. Contestants chosen in auditions across

Canada show off their singing skills, and viewer votes pick one finalist from each audition city to compete on the season finale. Those who can't audition in person can do so online for a chance to become a Karaoke Cyber-Star and take part in the finale. 7 PM on 43 CMT

In brief

SCRIPT ABC has picked up the script Clive Barker's Hotel from Saw screenwriters Marcus Dunstan and Patrick Melton. The network bested Fox and several other networks eyeing the Warner Bros. TV project. The script centres on a series of ghoulish incidents at a haunted hotel. Horror maven Barker is attached as a producer, and filmmaker McG could come on board as a director if the project moves forward.

CASTING Mad Men star Jon Hamm has joined the cast of Sucker Punch, an action fantasy that Zack Snyder (*Watchmen*) is directing. Hamm joins Emily Browning, Vanessa Hudgens, Jamie Chung, Jena Malone, Abbie Cornish and Carla Gugino in the 1950s-set tale of a girl (Browning) confined to a mental institution by her stepfather, who intends to have her lobotomized in five days.

FILM Actress Jaime King has her cards and flowers ready for Mother's Day, Darren Lynn Bousman's remake of Charles Kaufman's 1980 *Troma* cult classic, *Shawn Ashmore, Briana Evigan, Alexa Vega and Matt O'Leary are in talks to join the production.*

OT	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
8/20/09	265	353	2	TVO	Hydraulics (N)	The View From Here	Little Dorrit (Part 3 of 8)	Private Life of a Masterpiece	View From Hr			
	211	331	3	GTV	ET Canada	Entertainment	Big Brother 11 (Live)	The Office	House	News		
	-	-	5	SRC	Des Gourmandises	Gars file	Perdus (SC)	Bons baisers de France (SC)	Le Téléjournal et Les Nouvelles	TJ Ontario		
	209	342	6	CHRO	The Road to Avonlea		Samantha Who	Samantha Who	Grey's Anatomy	(10:02) Private Practice	Comedy Now	
	196	311	7	CTV	Hollywood	etalk	CSI: NY	CSI: Crime Scene Invstgtn.	The Listener (N) (DVS)	News		
	208	303	8	CBC	Coronation St.	Jeopardy!	Doc Zone (HDTV) (DVS)	Spies Who Came	CBC News: The National	The Hour		
	-	364	9	NBC	Wheel-Fortune	Jeopardy!	30 Rock	Parks-Recreat	The Office	Law & Order	News	
	117	713	10	TVA	Dépenses xtr	Marché	Dr. House "Tout seul" (SC)	Mollie "Ex-files" (HDTV) (SC)	TVA 22 heures	Sûreté-salé	Le Brouillard	
	-	11	OS	Grande fille	Un monde bête	La Spirale infernale (2007, Drama)	Sara Paxton, Nancy Travis	Le Sport	Entrainement	Call TV		
	137	763	12	TFO	Panorama été	Météo	Rebut global	Villages	Merci pour le chocolat *** (2000, Suspense)		Météo	
news	-	363	13	CBS	Dr. Phil	Noisy loved ones.	Big Brother 11 (Live)	CSI: Crime Scene Invstgtn.	(10:01) The Mentalist	Two/Half Men		
	216	394	14	OMN2	Raymond	Accordig-Jim	Omni News: S. Asian Edition	Omni News: Cantoneese Edition	Two/Half Men	King	Cold Case	
	214	344	15	CITY	Law & Order: SVU	The Insider (N)	Who Wants to Be a Millionaire	30 Rock	30 Rock	Law & Order: UK (N)	News	
	115	343	16	CFMT	Two/Half Men	The Simpsons	Omni News: Italian Edition (N)	Vivere II	Omni News: The Simpsons	King of the Hill	Metropia	
	218	345	18	E!		How I Met Your Mother	Who Wants to Be a Millionaire	Grey's Anatomy	(10:02) Private Practice	News		
	-	361	20	ABC	Action News	Entertainment	Who Wants to Be a Millionaire	True Hollywood Story	The Beast	News/Eleven		
	512	394	24	CAPC	Tête-à-tête	Beyond Poll	L'Heure politique	Dossier public	CBS News: The National	The Nature of Things	National	
	651	355	25	CTS	Little House on the Prairie	Michael Corin Show	100 Huntley Street	Life Today	This Is Day	John Hagee		
	-	365	26	FOX	TMZ (N)	Seinfeld	NFL Preseason Football Philadelphia Eagles at Indianapolis Colts. (HDTV) (Live)	Score Tonight	Final Score			
	-	64	PBS	Business Rpt.	Adirondack	Rare Visions	Times Goes By	Miss Marple "Nemesis"	Poldark	Charlie Rose		
sports	209	312	28	CTV	Hollywood	etalk	CSI: NY	CSI: Crime Scene Invstgtn.	The Listener (N) (DVS)	News		
	502	390	26	NW	CBC News	Marketplace	The Hour	CBC News: The National	Score Tonight	Final Score		
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown (N)	Larry King Live (N)	Score Tonight	Final Score		
	406	417	27	net	MLB	Baseball Red Sox at Toronto Blue Jays. From Rogers Centre in Toronto.		Sportsnet Connected	Sportsnet Con.			
	126	734	28	RDI	24 Heures en 60 minutes	Grands reportages (SC)	Le Téléjournal (SC)	RDI économie	Le National	Le Téléjournal		
	400	280	30	TSN	Interrupt	WTA Tennis Rogers Cup - Day Four. (HDTV) From Toronto. (Live)		SportsCentre (HDTV) (Live)				
	410	403	52	SCR	Poker	U.S. Women's Soccer Team	Poker Asian Pacific Tour.					
	411	457	56	OLN	Ghost Hunters	Bounty Hunter	Bounty Hunter	Survivorman	Ghost Hunters	Bounty Hunter		
	417	406	59	SC	Pimp My Ride	Pass Time	Jacked! (N)	Jacked! (N)	Wrecked (N)	Wrecked	Pimp My Ride	
	554	544	48	TEL	Jimmy Two	Total Drama	Futureama	Appleseed *** (2004, Fantasy) Al Kobayashi.				
family	557	540	51	FAM	Wizards-Place	Han, Montana	Zack & Cody	Life Derek	Ned's School	Cory in House	Zack & Cody	
	551	542	65	YTV	Drake & Josh	Family Biz	Malcolm-Mid.	Futurama	In Real Life	Falcon Beach "Vigil"	Mystery Hnt.	
	570	584	29	MM	The Daily Fix		mmtop10.ca	Entourage	Gene Simmons	The Daily Fix	Crime 360	
	615	524	31	A&E	CSI: Miami (HDTV)	The First 48 (HDTV)	The First 48 (HDTV)	The First 48 (HDTV)	CBS News: The National	Police Chases		
	628	584	32	SPKE	CSI: Crime Scene Invstgtn.	UFC Unleashed	TNA IMPACT! (HDTV) (N)	LA Ink "Feelings Rule"	Police Women			
	521	560	34	TLC	LA Ink (HDTV)	Police Women of Broward	Police Women of Broward	LA Ink "Feelings Rule"	Police Women			
	145	761	35	TV5	Comme chez	Hep! Taxi	Club social	Planète en question	Cité guide	Journal TV5		
	616	524	39	SHO	The Outer Limits	Love-Death	Love-Death	The Perfect Child (2007, Drama) Rebecca Budig.	House			
	620	523	40	BVO	Storytellers	Camera	Opera Stories	Comeback Season ** (2006, Comedy-Drama) Ry Liotta.	Law & Order			
	520	505	42	DIS	Blue Realm	The Sun		Sci-Trek "Volcanos"	MythBusters	Blue Realm		
cable variety	575	583	43	CMT	Karaoke Star "Kelowna" (N)	Home Improve.	Home Improve.	Reba	Hope & Faith	Hope & Faith	Karaoke Star	
	601	562	45	SLC	Skin Deep	Til Deb-Part	Last 10	Last 10	10 Pounds	Bulging Brides	Bulging Brides	ET Canada
	625	544	46	COM	Air Force	22 Minutes	Corner Gas	The Simpsons	South Park	Comedy Now	Comedy Now	Daily Show
	294	529	47	TBS	Family Guy	Friends	Friends	Friends	Friends	Clear and Present Danger *** (1994)		
	600	564	49	H&G	House Hunters	Property Virgin	Handyman Superstar	Disaster DIY	Big Amazing	House Hunters	House Hunters	Holmes-Homes
	627	528	50	SPC	The Listener (N) (DVS)	Star Trek: Voyager	Star Trek: Voyager	Jason X * (2002, Horror) Lexa Doig, Lisa Ryder.				Stargate SG-1
	581	561	53	MTV	Topshop NYC	After	MTV News	Cribs	True Life	Nitro Circus	Fantasy Fact.	MTV Live
	129	773	60	CD	Alerte animale (HDTV)		Inside Hollywood	Ancient Discoveries	Stunt Stars "The 4400"	Family Guy	Family Guy	Family Guy
	261	394	61	V	Murder, She Wrote	Wait for God	'Alio, 'Alio!	Unlocking the Past	NCIS "Chimera"	Family Guy	Family Guy	Family Guy
	260	567	62	W	Style by Jury	Friends	Divine Design	House	Mon Oeil (HDTV)	Un tuer si proche	Turning Points	
news	269	350	70	APTN	Warriors: TKO	Wapow Bay	Confidential	Save-Us-House	NCIS "Chimera"	Police Chases		
	621	527	71	TLK	The Ellen DeGeneres Show	By the Rapids	renegadepress	Seven Times Lucky ** (2004, Crime Drama) Kevin Pollak.	Mon Oeil (HDTV)	Police Chases		
	603	561	95	FN	Chef at Home	Crash-Kitchen	Restaurant Makeover	Jamie's Kitchen	Un tuer si proche	Police Chases		
									Science du			
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REUTERS

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ROBBIE COLLIN, NEWS OF THE WORLD

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HIMSELF..."**

**A BRILLIANTLY
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THRILLER."**

LARRY KING, CNN

**"DAZZLING...
TARANTINO
IS BACK ON
EXHILARATING
FORM."**

CHRIS HEWITT, EMPIRE

**"ALL-GUNS
BLAZING
ENTERTAINMENT."**

MARK ADAMS, SUNDAY MIRROR



IN THEATRES EVERYWHERE AUGUST 21





Actor David Boreanaz has been having a rough go since his wife Jaime Bergman became pregnant in March: "Jaime's pregnant, we're doing construction at the house, and I'm just pulling my hair out," he told People. METRO NEWS SERVICES

Celebrity Buzz

Hey Twilight fans: Rob is still single

THE LINE STARTS TO THE LEFT

Good news, Robert Pattinson fans: He's not dating anyone, people.com reports.

At least that's what the Twilight star, who only days ago was seen getting cozy with co-star Kristen Stewart, wants Britain's Daily Mirror to believe. "I don't have a girlfriend," claimed the actor. "I don't know why."

Pattinson, 23, appears surprised at this turn of events. "You always think you're going to get more girls after you've made a movie and it never happens," he insisted.

"You sit there and you're like, 'I'm a big movie star

and I want to go out with some models,' but I don't know why that doesn't happen."

For those hoping to snare him, Pattinson offers a tip: He doesn't really "have a type."

"It's especially different in L.A. Most of the women there are actresses and by default that makes them a little bit nuts — not that that's a bad

thing," he observed. "Whenever I get asked who my favourite celebrity crush is, I have no idea."

When it comes to the attention he does manage to receive, Pattinson said, "Most of the girls are all pretty young, so it's just kind of funny. But then you get the Twilight Moms who love you like moms! And you can take that too far. I mean, it could be 'Edward breaks up Twilight

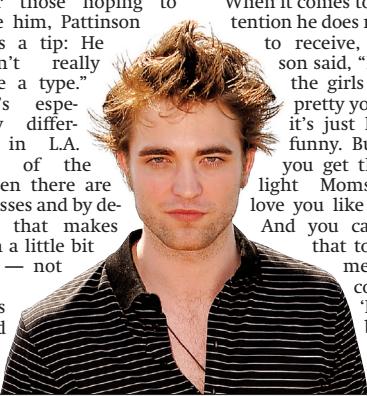
family.'"

The sex-symbol image surprises him, people.com adds. Originally he aimed to become a politician, though he did model, despite lacking athleticism.

"I always looked like a girl up until a few years ago, and because I never did any sports or anything I was always kind of gangly," he said. "I was never really a good model."

In fact, he concedes, "I was terrible at it. I wasn't skinny enough to be a little waif and I didn't want to work out to be a beefy guy, so I was always stuck between two things and so I never got any jobs."

METRO NEWS SERVICES



Alicia, the naked gardener

ONE WITH NATURE Alicia Silverstone swears by gardening in the buff. Her habit of taking off all her clothes "probably started when I was doing my garden the first time," the actress told Health magazine.

"I'd be out there, and it would be scorching hot, so I would take off all of my clothes and garden. And then I would jump in the pool and swim — and I always get in the pool naked."

So where did she pick up the idea to ditch her clothes? "I used to spend a lot of time with Woody Harrelson," Silverstone explained. "And he's not afraid to get naked."

METRO
WORLD
NEWS



Paris not reason for film flop: Judge

LEGAL WIN A court has ruled Paris Hilton was not at fault for her film flopping, femalefirst.co.uk reports.

The socialite was sued by Worldwide Entertainment Group for allegedly breaching her contractual commitments for movie National Lampoon's Pledge This!, but a Miami judge has ruled she did her best to promote it, stating the movie was "hardly destined for critical acclaim."

Judge Federico Moreno said: "Any causal connection between Ms. Hilton's

alleged breaches and the financial ruin of the film are wholly speculative.

"The movie flopped because the film's inexperienced producers hastily cobbled together a wholly inadequate marketing plan. They sent scattershot requests to their principal star in the hope she could find time to promote a sinking ship."

While Hilton

won't have to pay the \$8.3 million US in damages the producers were asking for, she may have to return the \$1-million fee she was given for the film. A receiver representing the producers has been given until Aug. 26 to submit arguments as to why the blonde star should pay back the sum.

METRO NEWS SERVICES



Mimi delays album release

CAREER MOVE? With her new album's first single not performing so well and rival Whitney Houston putting out a new record, Mariah Carey has pushed back the release of her new album, Memoirs of an Imperfect Angel, to after the deadline for Grammy consideration — though pals are trying to

spin it in her favour.

"Mariah's been shafted so many times before that it's like big 'kiss my butt' to the Grammy folks," a source told Gatecrasher. "She doesn't need the awards, because her career is already so successful." Carey has received five trophies and 21 nominations.

METRO NEWS SERVICES



Brad and Renée keep their fling quiet

HUSH-HUSH The romance between Renée Zellweger and Bradley Cooper appears to be heating up, but the pair aren't ready for the spotlight just yet, people.com reports.

"They get along really well and just kinda click," a source told People. "Bradley likes the speed of everything. He likes that Renée is low-key."

The pair, who co-star in the upcoming thriller Case 39, recently spent time in Spain together, then returned to the States,

where they each went their separate ways — Zellweger to a premiere, and Cooper to Alyssa Milano's wedding.

But the pair soon met up again. Sunday night, they attended a private party together in New York City, then were spotted at a Starbucks

METRO NEWS SERVICES



Reunion with Reggie in works?

CHANGE OF HEART Kim Kardashian and Reggie Bush might not be over just yet, usmagazine.com reports.

Three weeks after their split, the reality TV star was spotted with her ex in New Orleans, a source tells usmagazine.com.

She was in Louisiana for an

appearance at a charity fashion show on Saturday. "He picked her up from the charity event," the source told Us.

Kardashian, 28, began dating Bush, 24, the running back for the New Orleans Saints, in April 2007. Although her split with the football player was amicable, her siblings have said

they want to see a reunion.

"I haven't talked to him, but my mom just said she's going to training camp and dragging him back!" said sister Kourtney, now pregnant with her first child. "We all love Reggie. How cute would the babies be?"

When asked if they will get back together, Kardashian said, "I hope so."

METRO NEWS SERVICES

Survivor Richard in jail again

MYSTERIOUS CIRCUMSTANCES

Survivor winner Richard Hatch found himself back behind bars just hours after appearing on The Today Show to talk about his four years in prison for tax evasion, MSNBC.com reports.

Popeater.com says police took the reality star into custody at his sister's Rhode Island home, where Kristin Hatch heard her brother tell deputies, "Do what you need to do, just

tell me why."

"I heard him tell Rich that he (Hatch) did an interview, and that's why he was going back to prison," Kristin told Matt Lauer. However, both NBC and Hatch himself say the Federal Bureau of Prisons approved the interview.

Even Hatch's

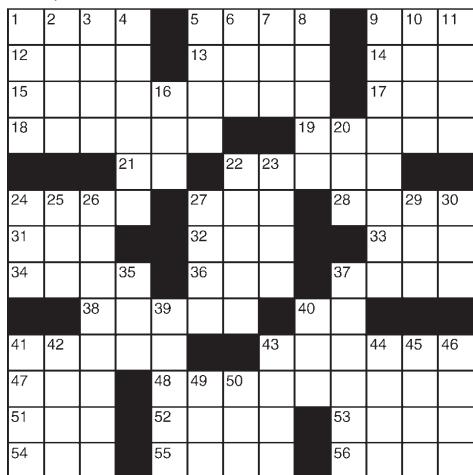
lawyer doesn't know why he's in prison again. "I have spoken to Richard, and I'm so sorry to say I don't know what the grounds are for why they have him back in jail," Cynthia Ribas explained to Lauer.

METRO NEWS SERVICES



For more delicious Metro recipes, visit: metronews.ca/food

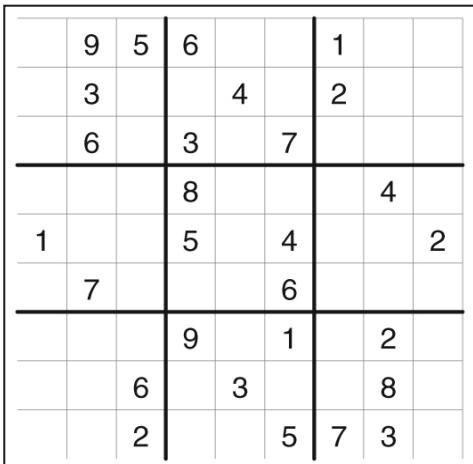
Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



ACROSS

1 Lady of the Haus
5 Channel marker
9 To the — degree
12 Deserve
13 Nabisco product
14 Playwright Levin
15 Victoria Beckham, e.g.
17 Snip
18 Plays for time
19 Strike zone's lower boundary
21 Exist
22 Sits for the parazzi
24 Joker, e.g.
27 Scepter topper
31 Kyoto cummrbund
32 Pirouette pivot
33 Resistance measure
34 Wear a rut in the rug
36 Wall climber
37 What 28- Across means

38 Obliterate
40 Tagged player
41 Sunrises
43 With hands on hips
47 — Baba
48 Trite
51 Director Howard
52 Affluent
53 Gunk
54 Ball-bearing item
55 Curved molding
56 His and

11 Milliner's wares
16 Shade source
20 Just out
22 Verify
23 Do as you're told
24 Officer
25 "The — Daba Honeymoon"
26 Sake
27 Elevator name
29 "Looky here!"
30 Pump up the volume
35 Sea eagle
37 Sew
39 Jetsons' dog
40 Eisenhower
41 Pub missile
42 Lotion additive
43 Rue the run
44 Oliver's request
45 Astigmatism factor
46 Probability
49 False hood?
50 Capades venue

DOWN

1 Parker who played Daniel Boone
2 Engrossed
3 Met melody
4 Nude
5 Marshy areas
6 Swiss canton
7 — the fields we go"
8 Whites' counterparts
9 Basketball "bravo"
10 Verifiable

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

P	O	D	S	S	O	W	I	T	E	M
A	R	E	A	P	H	I	M	E	S	A
T	E	A	S	P	C	O	N			B
H	O	N	S	H	U	G	A	R	E	T
H	A	T	W	A	D	E	E	R	E	I
I	D	E	A	L	O	S	R	O	T	
P	S	A	L	M	E	N	D	P	E	A
C	L	A	D	H	O	G				
A	D	H	E	R	E	A	S	E	R	
B	R	I	G	T	E	A	M	M	A	T
L	A	N	E	R	R	I	N	N	S	
E	G	G	R	E	D	N	E	A	T	

8	7	9	6	1	2	5	4	3
3	2	6	5	8	4	7	9	1
4	1	5	9	3	7	8	6	2
7	4	3	8	9	6	2	1	5
6	9	1	3	2	5	4	7	8
5	8	2	7	4	1	9	3	6
9	6	8	2	7	3	1	5	4
2	3	4	1	5	9	6	8	7
1	5	7	4	6	8	3	2	9

On the web

For more games and 60 additional daily cartoon strips, visit metronews.caHoroscopes by Sally Brompton sallybrompton.comFor Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES

MARCH 21-APRIL 20



TAURUS

APRIL 21-MAY 21



You will recover quickly from the effects of yesterday's Mars-Uranus aspect and by the end of the day you'll be back to your best.

LIBRA

SEPT 23-OCT 23



The world needs people who are not afraid to speak up and that's exactly what you will be doing today.

SCORPIO

OCT 24-NOV 22



You will be in the public eye today. You have something important to do on the work front, something only you have the guts to attempt.

GEMINI

MAY 22-JUNE 21



You have a lot to say for yourself and today's new moon in the communications area of your chart will encourage you to be even more outspoken.

SAGITTARIUS

NOV 23-DEC 21



Cosmic activity in your fellow Fire sign of Leo means you feel a lot more confident about your beliefs. Don't be afraid to express your opinions.

CANCER

JUNE 22-JULY 22



Others will offer to do things for you today but if you are smart you will insist on doing them for yourself.

CAPRICORN

DEC 22-JAN 20



You may be one of the more ambitious and worldly signs of the zodiac but today you need to spend time by yourself.

LEO

JULY 23-AUG 23



Everything will fall into place over the next few days, so stop worrying about whether or not you are doing the right thing.

AQUARIUS

JAN 21-FEB 18



Partnerships and relationships are of extra importance at the moment and if you have fallen out with someone close, now is the time to approach them.

VIRGO

AUG 24-SEPT 22



This is a frustrating time for you but don't despair because an upturn in your fortunes will be evident in a matter of days.

PISCES

FEB 19-MARCH 20



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WORDY GURDY®

1. A solitary rifle or pistol (1)
2. Embraces "What's up, Doe?" Bunny (1)
3. Acquainted with Dakota tribesmen (1)
4. In favor of a shop or boutique (1)
5. Swimmer/actress Williams's court clowns (2)
6. (With 7) Slight change in the form of...
7. a systematic ordering of written laws (5)

ANSWERS
6. ESTHETICS 7. HUGS 8. CINIS 9. KNEW 10. SICIS 4. MODIFICTION 5. STORE

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This day in history

AUG. 20, 1000: Hungary is established as a Christian kingdom by Stephen I of Hungary.

AUG. 20, 1858: Charles Darwin first publishes his theory of evolution in *The Journal of the Proceedings of the Linnean Society of London*, alongside Alfred Russel Wallace's same theory.

AUG. 20, 1866: President Andrew Johnson formally declares the American Civil War over.

AUG. 20, 1920: The first commercial radio station, 8MK (WWJ), begins operations in Detroit, Michigan.

AUG. 20, 1953: The Soviet Union publicly acknowledges that it had tested a hydrogen bomb.

METRO NEWS SERVICES

BACK TO SCHOOL

Back to Work!

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Place d'Orleans, 2nd Floor / Food court.....(613) 841-9999
Carlingwood Mall.....(613) 761-9999
725 Somerset St. W, China Town.....(613) 236-2222
54 Elgin St / Queen.....(613) 235-8888
Hunt Club, Towngate Mall.....(613) 521-8884
Billings Bridge Plaza.....(613) 523-7777

Kanata Centrum Mall, Next to Rogers (613) 599-9599
Burlington, Near Walmart.....(613) 823-1333
Renfrew, 108 Raglan St. S.....(613) 432-4488
Kemptville, Kemptville Mall.....(613) 258-2700
Hull, 101-295 St-Joseph Blvd.....(819) 771-2222
Gatineau, Promenades de l'Outaouais (819) 246-2222
Cornwall Square, 2nd floor / Charms..(613) 930-2222
Brockville, 358 Stewart Blvd / Swiss Chalet (613) 345-1119
Kingston, Cataraqui Centre / 2nd floor The Bay (613) 546-4444
Belleville, Bell Tower Plaza.....(613) 967-0000
Oakville, 261 Oak Walk Dr near Walmart (905) 257-6991

Mississauga, Mavis & Britannia / Best Buy (905) 568-8899
St. Catharines, Pen Centre / The Bay.....(905) 988-9797
Marche Central.....(514) 384-1117
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